

CENTENNIAL RECREATION SENIOR CENTER

The Centennial Recreation Senior Center provides comprehensive services, fitness programs, educational classes and enrichment programs to individuals in the Morgan Hill, San Martin and Gilroy communities who are 50 years and older.

171 W. Edmundson Avenue, Morgan Hill, CA 95037
(408) 782-1284

Hours of Operation

Monday - Friday 8:00am-3:00pm



Morgan Hill Senior Café

The Morgan Hill Senior Café offers delicious weekday lunches to seniors. Seniors who are 60+ are requested to pay a \$2.50 donation. Individuals who are under 60 pay \$5.00. Lunches are served at noon Monday through Friday. Reservations must be made by 11:30a.m.

Location: Centennial Recreation Senior Center, Multipurpose Room



The Daily Grind

Start the morning right with a cup of coffee and pastries in our comfortable lobby. Sip your coffee, read the newspaper, watch TV, play cards, or just relax and chat.

Location: Centennial Recreation Senior Center, Lobby

Date	Day	Time	Age
Ongoing	M-F	8:00am-3:00pm	50+
Drop-in: Free			

Arts, Crafts and More

DRAWING FOR DUMMIES

So you think you can't draw? Do you think you're too old to learn? Come to this fun and relaxed drawing class and discover your hidden talents!

Instructor: Karen Hegglin

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	W	10:00am-12:00pm	50+

Drop-in: \$8/Class

WATERCOLOR OFFERED BY GAVILAN COLLEGE

Learn basic use of color and techniques of water color in this fun and relaxed class.

Instructor: Rupa Gupta

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	TH	1:00pm-4:00pm	50+

Free/\$30 Material fee optional

Register at the Centennial Recreation Senior Center



SCRAPBOOKING AND CROPPING

Are your photos in boxes and needing to be organized? Create a professional looking personal photo book of your favorite vacation or family memories. Learn to crop photos, create borders and mat pictures. If you're an experienced cropper, bring your scrapbook and crop with us!

Instructor: Denise Melroy

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	T	10:00am-12:00pm	50+

Drop-in: \$8 for lesson and supplies. No charge if you bring your own supplies.

PHOTOGRAPHY CLUB

Come and share your photos and learn more about photography. All levels are welcome

Facilitator: Susan Brazelton

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	1st Wed. of month	7:00pm-9:00pm	All ages

Drop-in: Free

KNITTING

Now is your chance to learn how to knit! Learn the different types of stitches and how to read a pattern to create a beautiful piece of work. Already know how to knit? You can come, too! Men welcome!

Instructor: Rebecca Lister

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	TH	10:00am-11:00am	50+

Drop-in: Free

ROTATING ART EXHIBIT

Come walk through the halls of the Senior Center and enjoy the talents of our 50+ Adult community, as well as other talented local artists.

Cooking

RECIPE CLUB

Come and exchange some of your favorite recipes while indulging with friends in a delicious lunch representing the chosen theme of the month! We'll take turns preparing our favorite recipes and exchanging recipes at monthly meetings.

Facilitator: Betty Lewis

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	1 st Tuesday of month	12:00pm -2:00pm	50+

Drop-in: Free

Educational Opportunities

CREATIVE WRITING

OFFERED BY GAVILAN COLLEGE

Students are given the opportunity to develop their writing skills. Students are guided in creative exercises and assignments to develop sentence and story structure.

Instructor: Gavilan College Staff

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	M	9:30am -11:30am	50+

Free

LIFELONG LEARNING

OFFERED BY San Jose State University

Location: Centennial Recreation Senior Center

Are you interested in a rich and evolving array of courses and programs at the university level for adults 50+. Engage in discussions, enjoy lectures or presentations, and consider life's questions—and answers. Courses are not graded and adults are encouraged to participate just for the joy of learning! Contact the Senior Center at 782-1284 for a list of courses.

For more educational opportunities, see "Arts, Crafts and More" and "Computer Programs".

Fitness

AQUATIC FITNESS CLASSES

See page 9 for class information.

50+ WOMEN'S BASKETBALL

Enjoy a morning of fun and exercise with other women who love the game of basketball.

Facilitator: Donna Weisblatt

Location: Centennial Recreation Center, Gymnasium

Date	Day	Time	Age
Ongoing	Sa	10:00am-12:00pm	50+

Resident: \$7 / CRC Member: Free

Non Resident: \$9 / CRC Member: Free

BOCCE BALL

The Centennial Recreation Senior Center and the Morgan Hill Bowl are partnering to provide adults 50+ the opportunity to play the game of bocce! Enjoy the comforts of this beautiful indoor facility while playing the strategic game of bocce with others! Coffee is on us! You are not required to bring a partner to play.

Location: Morgan Hill Bowl

Activity#	Date	Day	Time	Age	Sessions
3710.301	9/1-10/20	T	10:00am-12:00pm	50+	8
3710.302	10/27-12/15	T	10:00am-12:00pm	50+	8

Resident: \$48/CRC Member \$43

Non Resident: \$55/CRC Member \$50

Register at the Centennial Recreation Senior Center

50+ BOWLING

Take pleasure in a fun morning of bowling with others during this 8 week summer session. Includes 3 games of bowling and shoe rental. All levels of bowling experience welcome.

Location: Morgan Hill Bowl

Activity#	Date	Day	Time	Age	Sessions
3710.303	9/3-10/22	TH	10:00am-12:00pm	50+	8
3710.304	10/29-1/07	TH	10:00am-12:00pm	50+	8

Resident: \$48/CRC Member \$43

Non Resident: \$55/CRC Member \$50

Register at the Centennial Recreation Senior Center

CHAIR YOGA

A gentle yoga class that focuses on breath awareness, stretching, strengthening and meditation while using the chair to either sit in or stand next to while enjoying the benefits of yoga.

Instructor: Terri Wright

Location: Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	T	10:30am-11:30am	50+

Resident: \$7 / CRC Member: Free

Non Resident: \$9 / CRC Member: Free

50+ PILATES

This is a mat-based workout, specially designed for the older adult, which will strengthen and lengthen your muscles, help improve posture, enhance stability, increase core muscle strength, and improve flexibility.

Instructor: Mary Dunn

Location: Centennial Recreation Senior Center, Activity Room

Date	Day	Time	Age
Ongoing	T/Fri	9:15am-10:15am	50+

Resident: \$7 / CRC Member: Free

Non Resident: \$9 / CRC Member: Free

50+ YOGA

A class designed for 50+ adults that focuses on stretching, breath awareness and meditation.

Instructor: Terri Wright

Location: Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	TH	10:15am - 11:15am	50+

Resident: \$7 / CRC Member: Free

Non Resident: \$9 / CRC Member: Free

LOW IMPACT ARTHRITIS

This is a class geared to individuals who may suffer from arthritis problems or are overweight but want a more active exercise routine. The class will consist of an aerobic workout, weight training, and flexibility.

Instructor: Marilyn Host

Location: Centennial Recreation Center

Date	Day	Time	Age
Ongoing	M/W/F	1:00pm-2:00pm	50+

Resident: \$7 / CRC Member: Free

Non Resident: \$9 / CRC Member: Free

50+ WALKING GROUP

Enjoy the beautiful outdoors of Morgan Hill while walking with others.

Facilitator: Cindy Zuniga

Location: Centennial Recreation Senior Center, Senior Center Lobby

Date	Day	Time	Age
Ongoing	M/TH	9:00am-10:00am	50+

Drop In: Free

50+ GOLF

Learn one of the fastest growing sports in America...golf! During this five-week program, golf professional Scott Krause will teach golf techniques from putting to the full swing. Golf clubs will be furnished or you are welcome to bring your own.

Instructor: Scott Krause

Location: Eagle Ridge Golf Course, Gilroy

Activity#	Date	Day	Time	Age	Sessions
5670.305	10/5-11/2	M	12:00pm-1:00pm	50+	5
5670.306	11/16-12/14	M	12:00pm-1:00pm	50+	5

Resident: \$74/CRC Member \$69

Non-Resident \$84/Non-Resident CRC \$74

BODY DYNAMICS

Chair Tai Chi for Health, Arthritis and Back Pain

OFFERED BY GAVILAN COLLEGE

This course is designed for the 50+ adult student and teaches awareness and knowledge of physical fitness, stress management, nutrition, and health conditions that affect the body as aging occurs. Stretching and Tai Chi chair exercise are incorporated into each class meeting.

Instructor: Mary Dunn

Location: Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	W	10:30am-12:00pm	50+

Drop-in: Free

TAI CHI FOR WELLNESS

OFFERED BY GAVILAN COLLEGE

This course will provide students with the opportunity to learn basic Tai Chi. Students will experience sitting exercises, warm-up exercises, standing exercises, the beginning of Kuang Ping Yang Tai Chi long form and other Tai Chi movements. The emphasis will be on movements which the students can perform on their own on a daily basis for improved health and well-being.

Facilitator: Mary Dunn

Location: Community and Cultural Center, Mira Monte Room

Date	Day	Time	Age
09/03 - Ongoing	TH	6:30pm-8:00pm	50+

No class 9/10, 11/26, 12/24 & 12/31

Drop-in: Free

SENIOR AEROBICS

OFFERED BY GAVILAN COLLEGE

Improve your strength, flexibility, and cardio vascular system with this fun non-impact exercise program.

Instructor: Barbara Mendonca

Location: Centennial Recreation Senior Center, Gymnasium

Date	Day	Time	Age
Ongoing	T/F		50+

Class 1: 10:00am-11:00am

Class 2: 11:00am-12:00pm

Ongoing Th 10:30am-11:30am

Drop-In: Free

WII BOWLING

Calling all bowlers (and wannabe bowlers)! This video game is so realistic you'll think you're at the bowling alley. Come and enjoy an afternoon of bowling with our large screen and great sound system. It's easy to learn and no prior experience is necessary. Your grandkids will be very impressed!

Location: Centennial Recreation Senior Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	W	12:45pm-3:30pm	50+

Drop-in: Free

Cards and Games

INTRODUCTION TO BRIDGE

This class will teach you the essentials of bridge.

Instructor: Bob Blaine

Location: Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	F	1:00pm-3:00pm	50+
Drop-in: Free			

BRIDGE

Already know how to play bridge? Looking for a bridge group in Morgan Hill? This is your place!

Instructor: Bob Blaine

Location: Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	M	1:00pm-3:00pm	50+
Drop-in: Free			



DUPLICATE BRIDGE

Join our large group of bridge players who pair up with a partner to play the challenging game of duplicate bridge.

Facilitator: Winston Stone

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	M	6:30pm-10:00pm	All
Ongoing	Every 3rd Sunday	12:00pm-4:00pm	All

Drop-in: \$5.00

BILLIARDS/PING-PONG

Interested in picking up a game of eight or nine ball or catching a quick game of ping-pong? Billiard and ping-pong tables available for open play during Senior Center hours.

Date	Day	Time	Age
Ongoing	M-F	8:00am-3:00pm	50+

500 CARD CLUB

Drop in for a fun game of one of America's oldest card games. No experience necessary. Just come, learn a new card game and have a great time!

Location: Centennial Recreation Senior Center, Senior Center Lobby

Date	Day	Time	Age
Ongoing	M-F	10:30am-12pm	50+
Free			

BINGO

Come and meet new people while enjoying the fun game of BINGO!

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	M/W	10:30am-11am	50+
Free			

SCRABBLE

Boost your brain power with the challenging and fun game of Scrabble!

Facilitator: Elaine Reimer

Location: Centennial Recreation Senior Center

Date	Day	Time	Age
Ongoing	TH	10:00am-12:00pm	50+
Drop-in: Free			

Dancing

BALLROOM DANCING

Learn fun, basic and easy dance steps to all types of music. The class will cover steps and variations in waltz, fox trot, rumba, tango, cha-cha and night club two-step. No partner required.

Instructor: Judy Linderman

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	F	1:00pm-3:00pm	50+
Drop-in: Free			



BALLROOM DANCE PARTY

What can be better than an evening of dancing and meeting other people? Not only is ballroom dancing fun, but it's a great form of exercise. Dance lessons are held during the first hour and then it's open dancing for the rest of the evening. Refreshments are included and **no partner is required**.

Facilitator: Judy Linderman

Location: Centennial Recreation Senior Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	1st Friday of each month	6:30pm-10:00pm	50+

Drop-in: \$5 per person



LINE DANCING

Have you always wanted to learn to Line Dance, but felt intimidated by the large class of those who seemed to already know what they were doing? If so, this is the class for you! Beginner and experienced dancers welcome!

Instructors: Gladys Aichles and Adrian Drew

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	T	1:00pm-2:00pm	50+
Drop-In: Free			

MUSIC AND DANCING

Bring your dancing shoes and spend your morning dancing to your favorite songs!

Facilitator: Fred Schulze

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	1st and 3rd Friday of each month	11:00am-12:00pm	50+

Drop-In: Free

Singing, Music and Entertainment

SING-A-LONG

Love to sing? Come and sing with us as we bring out the old favorites.

Facilitated by Denise Melroy

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	Th	11:00am-12:00pm	50+
Drop-In: Free			

MOVIE MATINEE

Spend a relaxing afternoon watching movies on a large movie screen. We'll even provide the popcorn and soda!

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	1st and 3rd Monday of each month	1:00pm-3:00pm	50+
Drop-In: Free			

WONDEROUS WEDNESDAYS

Occupational Therapy students from San Jose State University spend a morning of fun in the Morgan Hill Senior Café leading large group programs, such as "Name that Tune" and "Classic Jeopardy".

Facilitator: SJSU Occupational Therapy Students

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	W	11:00am-12:00pm	50+
Drop-in: Free			

Travel Programs

EXTENDED TRIPS

New England Backroads: 10/1/09-10/8/09

See spectacular sights of New England while enjoying the picturesque landscape of the changing season!

Discover Tuscany: 11/3/09-11/12/09

Discover the beauty, stunning architecture, delicious foods and wines of Italy! Contact the Senior Center for Travel Brochure and Pricing

Intergenerational Activities

FOSTER GRANDPARENT PROGRAM

In partnership with the Charter School of Morgan Hill, older adults will have the opportunity to provide students and teachers with the gift of their talents, through role modeling, providing academic support and connecting with our youth. Volunteers will be assisting in the classroom, reading with youth and establishing relationships with K-4th grade students. Contact the Senior Center for further information.

Facilitator: Susan Fent

Location: Charter School of Morgan Hill

Free

Computer Programs

50+ ADULT PUBLIC COMPUTERS

The Centennial Recreation Center provides a quiet room with access to state of the art computers and internet access. Membership is not required.

Location: Centennial Recreation Senior Center, Computer Room

Specified 50+ Adult Only Designated Hours:

Date	Day	Time	Age
Ongoing	M-F	8:00am-3:00pm	50+

INTRODUCTION TO DIGITAL PHOTOGRAPHY

A basic course designed to introduce you to the fundamentals of working with digital photography. Topics include selecting and using a digital camera; how to transfer photos from the camera to the computer; storing, organizing and viewing photos on the computer; simple picture editing; sharing photos by various media, including prints, slide shows and websites.

Instructor: Bill Frazer

Location: Centennial Recreation Senior Center, Computer Room

Activity#	Date	Day	Time	Age	Sessions
3510.301	9/3-10/8	TH	1:00pm-3:00pm	50+	6
3510.302	11/5-12/17*	TH	1:00pm-3:00pm	50+	6
*No Class 11/26					

Fee: Resident: \$30/CRC Member: \$25

Non-Resident: \$35/CRC Member: \$30

COMPUTER CO-PILOTS

Come and learn basic computer skills in our state of the art computer center. You don't need any computer skills, just a desire to learn and have fun! Topics include, but are not limited to: beginner computer introduction, keyboarding, learning to use the computer mouse, using the internet, emailing, information filing, the basics of Microsoft Word, the basics of Microsoft Excel and creating mailing labels.

Instructors: Leigh Donaldson and the Co-Pilot Volunteers

Location: Centennial Recreation Senior Center, Computer Room

Date	Day	Time	Age
Ongoing	W	12:00pm-3:00pm	50+
Drop-in: Free			

LEARN TO USE YOUR LAPTOP

Never used a laptop computer before or do you have a new laptop, but you're not sure how to use it to its full potential? Let our knowledgeable laptop computer volunteers help to get you started.

Instructor: Tony Razouk and the Computer Co-Pilot Volunteers

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	W	12:00pm-3:00pm	50+
Drop-in: Free			

Special Events, Activities & Interests

DEMENTIA CAREGIVER SUPPORT GROUP

This group will provide a safe place for family members and friends of dementia patients to share feelings, concerns and information. This group is where you will find support and learn how other people cope with the symptoms and life changes caused by dementia, Alzheimer's disease and other related disorders.

Instructor: Tiffany Mikles, Dementia Care Coach

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	1st Friday of the Month	2:00pm-3:30pm	All
Ongoing	3rd Tuesday of the Month	6:00pm-7:30pm	All

Drop-In: Free

HEALTH INSURANCE COUNSELING

Counselors will assist seniors and their families understand and evaluate the confusing array of insurance options. Counselors assist seniors with comparison charts, insurance plan benefits, cost and limitations, claim or benefit denials and other billing problems. The Council on Aging is not affiliated with any insurance company and offers unbiased information solely to aid seniors in making informed decisions about coverage.

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	4th Friday of the month	9:00am-12:00pm	60+

Advance appointment required

Free

SENIOR ADULT LEGAL ASSISTANCE

Free legal assistance for Santa Clara County residents 60+ with problems pertaining to Social Security, Medicare, Medi-Cal, mobile homes, elder abuse and housing. Spanish speaking assistance available.

Location: Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	2nd Wednesday of every other month	1:00pm-3:30pm	50+
Ongoing	3rd Thursday of every other month		50+

Advance appointment required

Free

BLOOD PRESSURE SCREENING

Facilitated by Donna Bell of Catholic Charities, Daybreak Respite Care Services

Location: Centennial Recreation Senior Center

Date	Day	Time	Age
Ongoing	3rd Friday of each month	9:00am-11:00am	50+

Drop-In: Free

AARP SAFE DRIVING PROGRAM

Take this 8-hour classroom refresher program that is specifically designed for drivers over the age of 50. Upon completion of the course, participants receive a certificate to be used for discount automobile rates.

Facilitator: Camille Bounds

Location: Centennial Recreation Senior Center, Multipurpose Room

Contact the Senior Center for a schedule of classes.

Advance Registration Required.

Class is free. \$10 optional for course completion certificate

OUTREACH TRANSPORTATION

Provides transportation services to seniors 7 days per week. For those who wish to use Outreach to attend the Morgan Hill Senior Café, transportation is provided at no cost. Contact the Senior Center at 782-1284 to obtain an application.

INFORMATION AND REFERRAL

The Centennial Recreation Senior Center maintains a resource directory of services available to seniors in the South County and Santa Clara County. For information regarding senior related services, contact the Senior Center at 782-1284.

SENIOR CENTER WITHOUT WALLS

Group activities and classes for seniors who are unable to go to the Senior Center. Activities and classes are conducted by toll free telephone conference calls.

Contact the Senior Center for more information at 782-1284.

DISASTER REGISTRY FOR VULNERABLE SENIORS

Do you live alone? Do you rely on public transportation to get around? Do you have special medical needs? If you answered yes to any of these questions, then you might be especially vulnerable after a major disaster. The Morgan Hill Senior Advisory Commission has developed a disaster registry as a means of providing assistance to vulnerable seniors in our community in the event of a major disaster. Your confidential information will be entered into a data base to be utilized only during an emergency. Contact the Senior Center at 782-1284 to help determine if you might be eligible for this program.

VIAL OF LIFE

The Vial of Life program allows individuals to provide medical information in advance that can be used by emergency personnel. A vial, labeled with a Vial of Life sticker, contains a medical form listing the health status of the individual and current medications being taken. The vial is placed in the refrigerator and a sticker is placed on the outside of the refrigerator door so that responding emergency personnel will know to look for the vial. Obtain your free Vial of Life kit at the Centennial Recreation Senior Center.